

SPARTA Newsletter

November 2021



HAPPY BIRTHDAY SPARTA AND CSSC

Welcome to the November edition of the SPARTA newsletter.

This month is a month of anniversaries. In November of 1971 SPARTA was formed so we are now officially 50 years old.

Next summer we will be holding a special SPARTA50 Sports and Wellbeing Day to celebrate, and a number of other events will take place during the next 12 months.

Back in 1971, the Ministry of Transport and the Department of Environment were both housed in the huge three tower 19-storey building that once stood at 2 Marsham Street.

The building had its own recreation centre that included such essential facilities as a shooting range, a darts bar, and a large snooker hall.

The recreation association was formed to serve the two departments, add some structure and get some teams together to compete against the mighty MoD and Treasury in CS competitions.

The gun club along with Marsham Towers (pictured below) may be long gone but SPARTA is still with us today, and yes SPARTA has beaten the MoD and Treasury occasionally along the way.

Happy Birthday SPARTA

We are also planning to hold a Special Week of Hybrid Activities in December. We hope that you will be able to join us for some of the events. Details on next page.

Also, this month the Civil Service Sports Council celebrates their 100th Anniversary. Check out details of their Founders Day in the right-hand side panel.

CSSC 100 FOUNDERS DAY

The Civil Service Sports Council (CSSC) celebrates Founders Day.

On 4 November 2021, CSSC will be 100 years old. To mark the occasion, they are offering exclusive member centenary events.

You can also learn about 100 years of CSSC and how your memories can become part of our legacy for the next 100 years.

Why not enjoy a day out supporting the event.

Details of the events on offer can be found on their website using the link below:

[CSSC Founders Day](#)

Take a break and celebrate Happy Birthday CSSC



Check out the SPARTA website for upcoming events



IN DECEMBER COME TOGETHER FOR HYBRID WEEK

SPARTA are proud to announce that we will be running a week of hybrid activities in December.

It's time to Come Together in December in person or virtually for a week of special lunchtime activities.

Yes, every lunchtime during the week commencing 13th December we will be hosting an event that you can either attend in person or join using TEAMS.

There may be a few changes to timings and days but currently, we plan to start the week with a Mindfulness class.

This will be followed on Tuesday by a Special History Society Lecture about the Roman Britain's Missing Legion with Dr Simon Elliott.

This looks to be another fascinating lecture bought to us by the history society. I am really looking forward to it.

Wednesday sees the return of "At the Desk Yoga" with Sue Johnson a special class of exercises to stretch your day.

SPARTA
Invites you to Come Together for

A WEEK OF HYBRID WELLBEING ACTIVITIES

13th – 17th December 2021
LIVE in GMH and 2MS and online via TEAMS

Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing Class	History Society Event	At Your Desk Yoga Class	CS Choir Event	Fitness Class
A mindfulness class to help your mental wellbeing	The History Society present a special one off event for your enjoyment	Yoga Teacher, Sue Johnson shows you how to do yoga at your desk	Join the CS Choir at lunchtime and enjoy a great song or two sung by a great choir	Join Coach, Jason Marchant, in LG1 GMH for a good workout before the holidays

Check out all the events on the SPARTA website
www.spartarecreation.co.uk

SPARTA, Your Sports and Recreation Association

Thursday the Civil Service Choir will be visiting both 2 Marsham Street and Great Minster House to do a special performance for everyone in the office.

And we end the week with Fitness Friday. A circuit training class in Room LG1 in GMH. All are welcome to join the class in person or online.

Details of the events may change but we hope that you will all be able to join us for one of the events during the week.

[Click here to check out details](#)



YOU CAN MAKE THE DIFFERENCE

SPARTA DEPUTY CHAIR



SPARTA is currently looking for a new Deputy Chairperson.

Sue Johnson, our current Deputy Chair, will be retiring at the end of the year

If you are interested in hearing about this exciting role then please do get in contact with Sue Johnson via email.

sue.johnson@communities.gov.uk

The job has been advertised on both DLUHC and DfT Intranets.

We look forward to hearing from you.



AN INTERVIEW WITH LYNNE CONSTANTINE

Lynne Constantine is SPARTAs main contact at CSSC, Jason Marchant asks her a few questions about life and CSSC

What made you join CSSC?

I have always taken regular physical activity throughout my adult life as it has always had such a positive impact on my wellbeing and so I felt immensely privileged when I was offered a role at CSSC in 2019. CSSC not only values my wellbeing by advocating time to fulfil my personal physical activity goals but also strives to develop the wellbeing of its members through its products and services. That is something that I really value about my new workplace.

What sports have you been involved in?

I have always played a wide range of sport with my main focus being on hockey, badminton and netball. Now my personal physical activity mainly involves doing a cycling workout between meetings on my home bike or meeting up with friends for a gym or fitness class workout or walking and cycling in the great outdoors.

What sort of walks do you do?

I did a lot of walks during lockdown exploring my local woodlands, and afterwards some more rugged walks by the coast (I'm still trying to complete the SW Coast Path!). I love a stroll in the Chilterns where I live. Most importantly these days I make sure

that I build in time for a social stop and ensure that the route planned has the opportunity for excellent coffee and cake!



What is your role in CSSC?

My current role is Partnership Development Manager at CSSC I spend most of my time with Sport and Social Clubs within Civil Service Departments, SPARTA being a key partner. With these groups I can share my passion with people who have the same wellbeing objectives and where we can discuss new ideas and opportunities to support workplace and social networks to benefit from the wellbeing opportunities CSSC has to offer its members.

How can SPARTA help with CSSC goals?

Groups like SPARTA who deliver sports, social and leisure activities

Check out the CSSC website by clicking on the logo below



UPCOMING SPARTA CLUB FIXTURES/EVENTS

November

3rd - History Society Talk -
Uncrowned Queen,
Margaret Beauford - 12:45pm

4th - CSSC Founders Day -
Take a Break and Celebrate

December

1st - History Society Talk-
Henry VIII and the men who
made him, Tracy Borman -
12:45pm

8th - SPARTA Annual
General Meeting - 4:30pm

13th - 17th - SPARTA Week
of Hybrid Wellbeing
Activities

Details of club contacts can be
found on the SPARTA website
www.spartarecreation.co.uk/



AN INTERVIEW WITH LYNNE CONSTANTINE

bring people together by providing activities that can help improve lives of others and bring some happiness by creating an entertaining and pleasant workplace community. CSSC is currently working with SPARTA to help give members experiences, companionship, camaraderie, communities, adventures, challenges and volunteering, together with an improved work/life balance.

CSSC is about to celebrate its 100th anniversary, what more can you tell me about CSSC?

That's right on 4 November 2021 CSSC will be celebrating its 100th year. We have been looking after the health and wellbeing of the civil service and public sector for over a century and working in partnership with the civil service, taking care of those who serve the nation. CSSC continues to offer great value sports, entertainment, days out and hundreds of opportunities to try new hobbies, passions and pastimes.

The CSSC membership organisation is 150,000 members strong and growing year-on-year with members regularly saving over £500 a year just by enjoying the hobbies they love with the people they love.

What events do CSSC have planned for 2022?

The CSSC Summer Games is always the highlight of the year, bringing together hundreds of competitors in dozens of sports and tournaments to compete against each other in spirited competition. I was fortunate to attend the games within the first few weeks of my employment with CSSC and thoroughly enjoyed a competitive but

fun basketball tournament within a very sociable environment.

There is also an Active Wellbeing Week taking place in January, in partnership with CSHR. Events like this have motivated and encouraged thousands of members to stay active and keep mobile, in fun and engaging ways, and brought sport and exercise into the workplace.

Editor: These are just a couple of the CSSC events taking place next year. SPARTA will be sharing details of all CSSC events and how to enter them throughout the year with its members.

Sell CSSC in one sentence?

CSSC's expertise in helping their members live their best lives, while giving back to those who give so much of themselves in the service of the country, is inspiring and well worth a look.

Where can our readers find out more about CSSC?

Explore CSSC's website (see link on page 2) to find out what CSSC could do for you, your family and your team's health, wellbeing and free time. It might just revolutionise your weekends.

Editor: Thank you so much Lynne, for taking the time to share with us. I am looking forward to working with you to provide better opportunities for all our members.



Lynne Constantine enjoying a walk through the Chilterns on the way to a well-earned coffee and cake

WANT TO START A CLUB OR MAYBE JUST HELP AT A CLUB?

SPARTA are always looking to build on our portfolio of clubs. If you want to start a club or are already running one and want SPARTA's help, then please get in contact.

Want to help at a current club? Then please get in contact with us

SPARTA@dft.gov.uk

Details of current club contacts can be found on the SPARTA website

www.spartarecreation.co.uk/





THE SPARTA CLUBS

SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

CD CLUB 
www.spartarecreation.co.uk/cd-club

SPARTA GOLF SOCIETY 
www.spartagolf.co.uk/

YOGA CLASSES 
www.spartarecreation.co.uk/yoga

SUPERSTARS CRICKET CLUB 
www.superstarscricket.org.uk

SOFTBALL CLUB 
www.spartarecreation.co.uk/softball

RAILWAY SOCIETY 
www.spartarecreation.co.uk/railway-society

CIVIL SERVICE CHOIR 
www.civilservicechoir.org.uk

HISTORY SOCIETY 
www.spartarecreation.co.uk/history-society

FITNESS CLASSES 
www.spartarecreation.co.uk/fitness-class

TENNIS CLUB 
www.spartarecreation.co.uk/tennis

TENPIN BOWLING 
www.spartarecreation.co.uk/tenpin-bowling



Check out all the SPARTA clubs on our website

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